



Rainbow Citrus Salad

Makes: 50 Servings

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Ingredients	Weight	Measure
Broccoli, raw, stems only, chopped as slaw	3 lb 5 1/3 oz	
Cucumber, raw	13 1/2 oz	
Tomatoes, raw, orange and red	13 1/3 oz	
Turkey ham	13 1/3 oz	

Basil, leaf (fresh)	1 Tbsp
Parsley flakes	1 1/2 tsp
Thyme, dried, ground	1 1/2 tsp
Orange juice	2 Tbsp 2 tsp
Mustard, spicy brown	2 Tbsp 2 tsp
Cheese, Parmesan, hard, shredded	5 Tbsp 1 tsp
Vegetable oil, canola	2 Tbsp 2 tsp
Salt	1 1/2 tsp
Black pepper, ground	1 1/2 tsp

	1 qt 2 cups
Lettuce, raw, shredded	10 2/3
	Tbsp

Directions

1. In a large bowl combine the broccoli slaw, cucumbers, tomatoes, turkey ham, basil, parsley and thyme. Mix together evenly.
2. In another mixing bowl combine the orange juice, mustard and cheese and incorporate evenly. Using a whip slowly stream in the oil and emulsify.
3. Season the broccoli salad with salt and pepper and add the dressing to lightly coat it.
4. Serve on a bed of shredded lettuce.

Notes

Serving Tips:

*Optional: for a kid-approved vegetarian version, replace the turkey ham with golden raisins!

Source: Burke Middle/High School (Recipes for Healthy Kids Competition)